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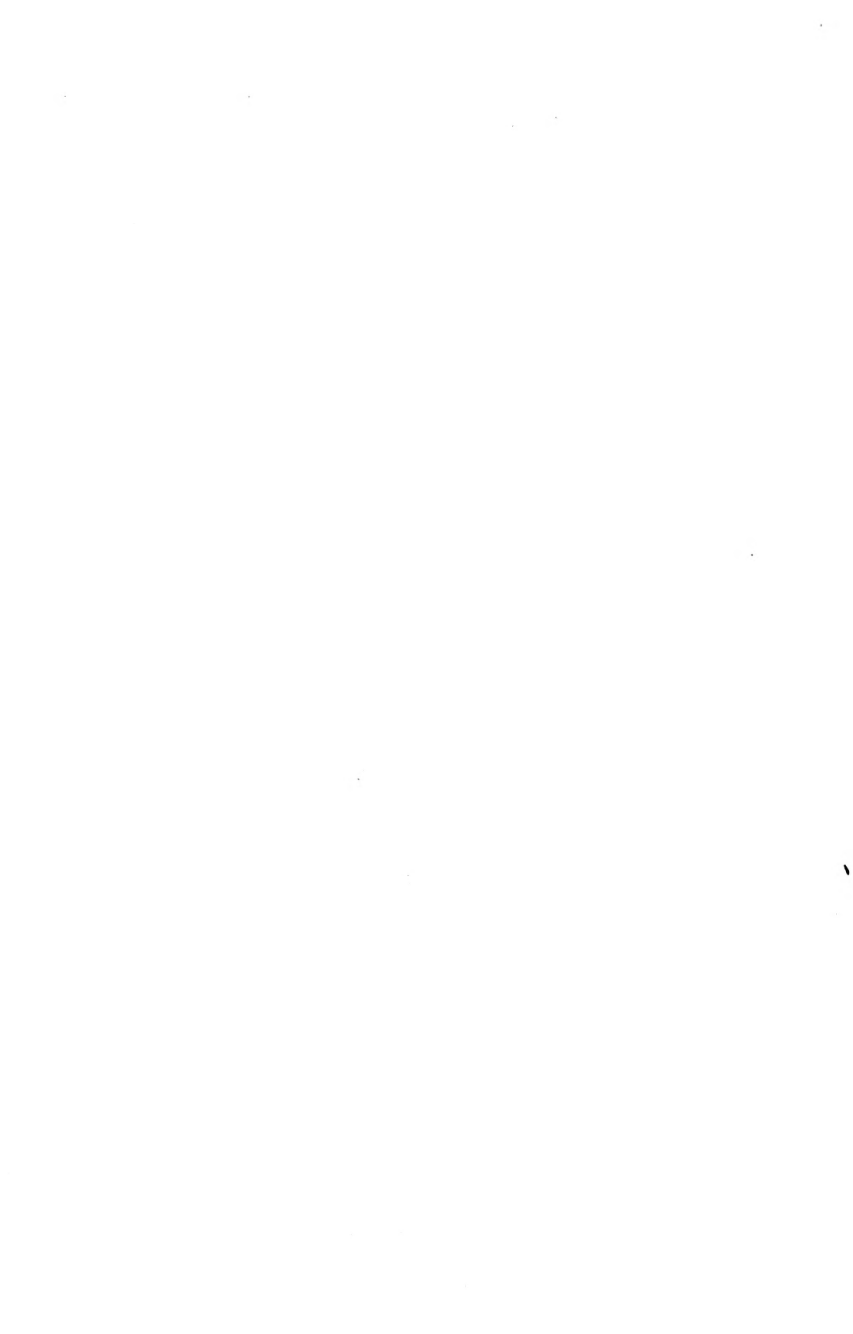
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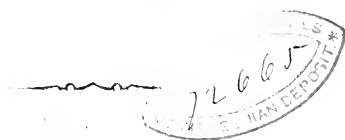
CLIMATIC CURE,

BY

AMORY^V COFFIN, M. D., and W. H. GEDDINGS, M. D.

Man nennt als grösstes Glück auf Erden
Gesund zu sein
Ich sage nein.
Ein grosser ist gesund zu werden.

(Inscription on Statute of Hygeia.)



CHARLESTON, S. C.

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INTRODUCTION.

As in days of yore, when a stranger of distinction arrived at a fashionable watering place, it was the pleasant duty of the master of ceremonies to wait upon him, offer him the amenities of the place, and introduce him to its "lions," after which he made him acquainted with the physician of the establishment, who inquired into the nature of his ailments, and then, with more professional seriousness, explained to the visitor the character and action of the peculiar water or climate, its adaptability to his special complaint and the chances he had of being benefited by them ; so do we, the writers of this little pamphlet, purport, in its pages, in the first place, to make our visitors more familiar with our little town and its surroundings, and for our more intimate acquaintance, to tell them what we have been, what we are and what we confidently hope to be ; and in the second place, to show them what long experience and investigation should lead us to expect from climate in its different varieties, how this experience has been confirmed or modified by more recent researches, to explain to them the peculiar character of our own climate, and let them infer, with, perhaps, the assistance of their medical advisers, what good they are likely to derive therefrom.

In composing the latter part of our work, we have also wished to interest the attention of those of our medical brethren, whose peculiar avocations, perhaps, have not led them to pay the subject that regard which

our constant contact with it and our conviction of its importance force upon us.

In directing our remarks more especially to the influence of climate on Phthisis, we do not wish to be understood as confining its good effects to that disease, as it is equally beneficial in many others, which are either pulmonary in their seat, or asthenic in their nature, such as chronic bronchitis or pneumonia, catarrhs of various kinds, and slow convalescences from acute diseases,—those convalescences which are so imperfect as never to obliterate the stamp of the original disease, if left to accomplish themselves under unfavorable circumstances; but we have dwelt more on this disease because of its great and rapidly increasing prevalence, the great interest consequently attached to it, and our convictions that we possess here a combination of circumstances constituting a climate calculated to influence beneficially a large majority of consumptive cases.

Our lions are few and small, mere sucking doves—"Poor things, sirs, but our own." But our climate, we will venture to assert and endeavor to prove, is unsurpassed, at least on this continent, by the good effects it produces in very many cases, in some of them perhaps only prolonging life, in others effecting a restoration to that most blessed condition, Health.

HISTORY.

It may be interesting to go back a few decades and recall the history of our little town. In 1829 the Charleston and Hamburg Canal and Railroad Company, the first to introduce the locomotive on the American continent, obtained a charter for the purpose of building a railway from Charleston, on the seaboard, to Hamburg, at the head of navigation of the Savannah River.

The idea of a railroad one hundred and thirty-six miles long was at that time so stupendous that the canal feature had to be adopted to mitigate it to men's minds. The fact seems ridiculous at the present day, but we, who tell it, well remember the pride and exultation at the successful completion of the road, not very long after that of the Liverpool and Manchester Railway, old Stephenson's great pioneer work.

In avoiding the streams, a rather circuitous route was followed, which brought the road to the head of the water-shed, between the Savannah and Edisto Rivers. Thence, to reach the banks of the river, it was at that time thought necessary to descend a steep incline by means of a stationary engine.

The dry, sandy plain at the top of this incline was deemed a suitable situation for a town, merely regarded in the light of a trading place, for the purchase of the moderate quantity of cotton and corn produced in the neighborhood for shipment to Charleston, which pre-

vously took the long way of Augusta, and down the river to Savannah.

In order to further this plan the owners of the land, with sagacious foresight, granted a quantity of it to the company, provided a depot should be established there. In 1833 the town was laid out, and named by the company AIKEN, in honor of William Aiken, its first president.

The hopes of the projectors were soon realized. Houses were built and stores were opened, which carried on such a flourishing trade with the farmers and planters of the country, that the Bank of the State found it necessary to establish a branch in order to meet the wants of the business community.

The building used for banking purposes, now a lawyer's office, is situated on Main street, and is solely remarkable for being the only brick building in this vicinity. This prosperous and pleasant condition of things lasted until the year 1837, when a series of reverses was suffered. At first fire did its work by consuming nearly the whole of the business portion of the town. The legend accounting for the origin of the fire runs that a young man, clerk or storekeeper, possessed by more partiality for puppies than prudence for property, in attempting to smoke out a nest of yellow jackets, which were inimical to his canine pets, set fire accidentally to one of the stores. The flames spread rapidly from one to another of the houses, built of inflammable dry pine wood, and in a few hours the whole street was only a mass of ashes. From this calamity the young community recovered slowly, owing to the troubles produced by overbanking in Nicholas Biddle's attempt to bolster his United States Bank. The effects of the crash were felt even in this remote corner of the world.

It was not for many years, indeed not until the sanatory nature of its climate became gradually known, that it commenced its work of recuperation. It was at first resorted to in summer by invalids from Charleston and the seacoast. The marked beneficial influence exercised by its dry, tonic air on those suffering from affections of the lungs, and on convalescents from long, tedious diseases, soon made it a resort for such. There are several of our most prominent and useful citizens who are still alive, who seemed to be rescued from imminent death by its preservative effects. About 1845 or 1846 an effort was made to have its virtues known in the Northern parts of the Union, as a great want was felt for a place of resort possessing more tonic properties than the mild but debilitating climates of Cuba and Florida. The more Consumption is acknowledged to be a disease of general debility, and not one of mere local import as affecting the lungs, the more importance will be attached in the selection of a sanatory climate, to the dryness and tonic action of the atmosphere, than to mere warmth and mildness. Until the breaking out of the war, Aiken was becoming more and more a place of resort for invalids from the North in winter. Since the restoration of peace it has had again to make a name for itself, and this it seems to have done very rapidly, as the number of visitors has increased very largely every year.

In 1852 the locomotive, anticipating in a small way that spirit which, in later years, has led it to prefer burrowing through the substance of mountains, to climbing their summit, deserted the slow and tedious inclined plane, and had an easier way made for itself through the hills. The deserted track has been de-graded into a common sewer, and now serves as a drain

to carry off the superfluous rain water from the town. After our American custom, the hotel rises with the town. A small two-story building, on the site of the present hotel, served as a breakfast house for passengers from Augusta to Charleston, and to accommodate visitors. This was soon found insufficient; other buildings were added and joined on, with more regard to space than symmetry, until the interior, with its long passages, its steps up, and its steps down, and the turnings one had to make to arrive at a particular room, up narrow staircases and along dark corridors, resembled more that of an old English inn than a modern American structure. In 1854 the building, which now constitutes the hotel, was added on to the western end as a kind of wing to meet the increased demand for accommodation. During the war this large rookery was inhabited by a great number of families who had taken refuge in Aiken from the dangers of the war, which was so actively carried on in Charleston and all along the coast, or had been evicted from their homes, which had fallen into the hands of the enemy. After the war it was occupied by United States soldiers as barracks, and finally the old part was torn down and the premises put in their present condition by the proprietor, Mr. Gregg, as soon as the influx of visitors made such a proceeding a probable profit. Another hotel was erected some time after this first, on the brow of a hill commanding an extensive view, at the head of the above-mentioned inclined plane. This was burned down in 1850, while filled with guests, all of whom luckily escaped unharmed. The site, a very eligible one, was, on account of the difficulty of obtaining titles to the land, not built on again, but remained vacant until lately, when it was selected by Dr. Rockwell as

the most suitable spot on which to place his Sanatorium, the buildings of which are now in course of erection, and will doubtless be shortly finished. This promises to be an extensive and very tasteful structure, and a great ornament to the town.

Before "our late little unpleasantness," Aiken was the resort of two sets of visitors; wealthy planters from the coast districts found it a pleasant and convenient refuge from the malaria of the plantations, and built their summer cottages on choice situations, within a mile or two of the village, and no sooner had the frosts of autumn allowed them to return to their country homes than the tide of pulmonary invalids from the North set in, and we have known these frosts so late in occurring that, yellow fever being then in Charleston, the second tide has come in before the first could retire, and the consequence was a perfect inundation. This, however, was before stern poverty had obliged private families to open their houses for the reception of boarders. Almost all the occupants of these summer houses now help out a much diminished income in this manner; and visitors, instead of being obliged to put up at common boarding houses, have the advantage of becoming inmates of educated and refined circles. This the Northerners seem to appreciate highly, and much mutual esteem and friendship have thus been generated.

In 1865 Sherman's invading army, on its way to Columbia, passed about five miles to the south of Aiken, and Kilpatrick with his cavalry made a diversion towards the manufacturing towns of Graniteville and Vauluse. At Aiken he was met by Confederate cavalry under General Wheeler, repulsed with some loss, and driven down the line of railroad back to the main

by the Union forces, as was also the town of Beaufort, the chief local center. Somewhat later, the whole district lying between the Combahee and Savannah rivers, together with all the sea islands, fell into the hands of the Federals and was held by them unmolested until the close of the war.

In many respects this part of South Carolina fared worse than any other in the State. It was the richest agricultural district, being the chief section devoted to the production of fine long-stapled sea-island cotton, and containing, besides, extensive rice fields. It was also the largest slave-holding parish in the State, the slaves numbering 32,000.⁶ Many of the wealthiest planters of South Carolina had their summer residences at Beaufort and on the islands, while throughout the section were to be found the homes of families representing the pride of Southern aristocracy. Upon the capture of the islands the white people retreated inland, and the forcibly abandoned farms were for the time confiscated and turned over to the negroes.⁷ It was practically no better on the main land. Beaufort became a "deserted village" so far as its former white residents were concerned. Early in June, 1863, Colonel Montgomery, with five companies of a negro regiment, started from Beaufort and made an expedition about twenty miles up the Combahee river. General devastation seems to have been the chief object of the expedition. All the slaves at work on the plantations, about 800, were taken to Beaufort; and squads of colored soldiers were sent in various directions to burn buildings, and secure provisions and other property. One account states that every house, barn or other building belonging to any known secessionist was burned, and all the portable property of value carried off. In this way, several rice mills and numerous storehouses filled with rice and cotton were burned. One storehouse that was fired contained two years' crops of rice, and another, \$10,000 worth of cotton. The burning of

⁶ Appleton's Annual Cyclopedia, 1861, p. 298.

⁷ South Carolina correspondence to New York Tribune, Jan. 27, 1864.

twenty-five buildings, many of them containing immense quantities of rice, was credited to one company alone. The locks, by which the plantations were irrigated, were broken, causing the rice fields to be flooded and the young crop to be destroyed. Large quantities of household furniture were brought away as trophies of the expedition. The same account also gives this further information: "About the same time that the above raid was made, Colonel Barton, with a large, picked force, made an expedition on three steamers to the village of Bluffton. The village was captured with but little opposition, and burned to the ground, only one building, a church, being spared."⁸

The district that thus fell into the hands of the Federals comprised the principal area in South Carolina that came under the sway of the Union authorities. Aside from the bombardment of Charleston, already mentioned, no further military operations of importance took place in South Carolina till the beginning of 1865. The regular State government held control of almost all of the State and continued in practically undisturbed operation through the war.⁹ Thus South Carolina, unlike most of the Southern States, maintained without serious molestation, her status as a Confederate commonwealth about as long as the Confederacy lasted.

The Federal policy of invasion having been by land rather than by water, South Carolina, by her geographical position, was practically free from the presence of Union soldiers until near the collapse of the Confederacy. Hence there were few problems in local government growing out of military occupation, such as there were in the States of Louisiana, Mississippi, and Tennessee. The trend of military affairs indicated clearly that the war was almost over when General Sherman completed his raid through South Carolina and passed into North Carolina, there to meet and dictate terms of capitulation to General Johnston. In the

⁸ Appleton's Annual Cyclopedia, 1864, p. 824.

⁹ Ibid., p. 725.

now presents rather an uncouth appearance. Two lots laid vacant by fire, the piles of bricks only indicating where the pleasant-looking houses once stood; the mounds of red clay, looking like earthworks on a small scale, thrown up from the old track, which is now used as a drain for the town, are rather unsightly. Besides which there are several old ruinous houses, which the commencing march of improvement has not yet reached to remove or reconstruct. But there are one or two redeeming features on it. The large, cheerful-looking dwelling, erected by Mr. Chapman, now owned and occupied by Hon. Zephaniah Platt, District Judge, Mr. McGeorge's tasteful and roomy residence, and the Roman Catholic Chapel, a pretty building in course of construction, are on this street. The blots above-mentioned will be soon obliterated by the erection of new houses, and the carting away of the earth for the purpose of filling up of low places. We now reach the main street, where all the trade of the town with the neighboring country is carried on. The shops, though most of them are low, one-story buildings, are well stocked with a variety of goods.

The larger portion of the town is situated on this side of the railroad, as the more level character of the ground adapted it better for business purposes. The greater number of summer residences lie, however, scattered about on the points and promontories overlooking the more broken ground on the south side. On nearly all, however, with the exception of the more recently erected structures, the evidences of enforced neglect, resulting from the poverty consequent on the disastrous results of the war, are visible in the absence of paint, whitewash, repair, and that general neatness to which the visitor from the North is accustomed at

home, and the want of which strikes him at first disagreeably. This impression, however, is not lasting, and wears off under the influence of the genuine hospitality with which he is treated, and the kindly feelings thereby generated. We must confess, however, that we are well aware of our deficiencies in this respect, and are making strong efforts to do away with them. We feel bitterly how much we are cramped by want of means to carry out the improvements we have in contemplation, for we know how pleasant our little village could be made to our friends, "if to do were as easy as to know what to do."

The municipal authorities have not been idle in this matter. They have organized a board, composed of gentlemen of the town, for the purpose of suggesting and superintending improvements, of contributing as much as lies in their power towards the comfort of the invalids, and of furnishing them with such information as they may require. Among other things tending towards this latter object, their scope of action comprises the keeping a register of arrivals, and a list of vacant rooms and houses, their clerk being ready to answer any communication by letter inquiring about terms of board, etc.; further than this, any individual member of the board will be glad to furnish information and to contribute his special services. Among other objects which they have in view are the improvement of the favorite walks, and the erection of seats under the trees and in shady spots, so that the invalid may extend his walk, being sure of a comfortable place to rest without being obliged to return to his home for that purpose, and the formation of a park in grounds already granted, besides the erection of a casino, or place of resort, where visitors can meet, read the papers, have a social chat, etc., etc.

To carry out all these schemes money is required. Our own resources are limited—very limited. The smallness of our population, and their want of means, prevent our entertaining the hope of raising a sufficient sum among ourselves for that purpose. We therefore find ourselves compelled to appeal to the liberality of those, for whose benefit they are principally intended, to assist us in our endeavors. In doing so we find ourselves not without precedent. At European watering places a compulsory “cure-tax” is imposed on visitors for the maintenance of a band of music, keeping the grounds in order, and other necessary expenses. This is always cheerfully paid, as the payer knows that it is expended for his benefit and amusement. We are confident that a voluntary contribution will be agreed to and maintained with at least equal and even greater alacrity and liberality. If our appeal is responded to in the generous manner which we have a right to expect from the character of our visitors, we propose not only to lay out our park and erect our casino, but also to support a band of music for their delectation. It must not be supposed that we have been entirely supine. Since last winter some new houses have been erected, more repaired, repainted, and made generally more presentable to company, and we do not doubt but that the spirit of improvement will rapidly increase, if it were only from the fact of one man being unwilling to be outstripped by his neighbor even in the appearance of his house or store.

RELIGIOUS.

We can boast of five churches, representing as many religious denominations. On Richland street, the Baptist, the oldest, is served by the Rev. Lucius Cuthbert, and the Methodist by Rev. A. Walker. These two are

next to each other. Higher up we come to the Episcopal Church, the Rector of which is the Rev. E. S. Edgerton. The Roman Catholic Chapel and Presbyterian Church are on Railroad avenue. The former of these is still in course of construction, and will be completed about the first of January. The latter is without a resident pastor, but is occasionally served by a minister from Charleston.

In these churches the seats are all free, with the exception of the Episcopal, in which the pews are rented out at so much a month, and the proceeds appropriated to the support of the Rector.

MEDICAL.

From the description of the religious to that of the medical element of the town, the transition is easy; but we, the writers, being ourselves among the physicians, cannot be expected to say anything more of ourselves than that most of us have received a scientific European or Northern education, and have necessarily had much experience in pulmonary disease. The following gentlemen constitute the medical staff of the town: Drs. W. F. Percival, P. G. Rockwell, (in charge of Sanatorium,) S. Muller, Amory Coffin, and W. H. Geddings.

The peculiar necessities of the place, containing so many invalids accustomed to the refinements of a scientific practice, induce and oblige our apothecaries, Messrs. Wood & Co., and Mr. W. H. Harbers, to keep on hand a choicer and fuller stock of medicines than is found, as a rule, in small towns.

Those of our visitors who may require their teeth and dental arrangements attended to, will, we are sure,

be quite satisfied with the skill and scientific acquirements of our friend Dr. James M. Day.

WALKS, DRIVES AND AMUSEMENTS.

The more recent observations on Phthisis, carefully conducted experiments, and our own experience, confirm the time-honored prepossession in favor of a life led as much as possible in the open air. While carefully warning our patients against the injurious effects of over fatigue, we would perforce turn every one of them, who was not too weak, out of doors every day that it did not actually rain, and even the weak ones gain strength, inhaling the uncontaminated fresh air, seated under some tree, with nothing overhead but the clear sky and the bright sun. But for those who are able to take longer walks, without the much to be deprecated over fatigue, the exercise doubtless is beneficial, as improving the appetite and assisting digestion, besides avoiding the injurious effects of the *ennui* inseparable from a monotonous stay in the house. And our climate is above all things remarkable for the rapid drying of the ground, so much so that after the heaviest rains the invalid is not detained at home by the fear of getting his feet wet. We will, for his guidance, enumerate one or two of the pleasantest of these rambles. The first is to the Coker Spring, about fifteen minutes' walk from the Railroad avenue, along a broad, well-travelled road. At the end of his walk, in a pleasant valley, he will find the spring (named after the original owner of the adjacent lands) in an inclosure meant to protect it against the destructive propensities of rambling swine, etc. The water of the spring is simply limpid and cool, possessing no medicinal qualities whatever, but well charged with fixed air, and containing the slightest

trace of soda. Extending his walk for ten minutes longer, the pedestrian comes to the picturesque little valley in which is situated the Calico Spring, so named from the abundance of the beautiful calico bush or laurel, (*Kalmia latifolia*,) which line the steep hill-sides. Following the path up the valley, we reach the pretty little spring, still presenting its natural picturesque appearance, and overhung in the spring by large bushes of azaleas, kalmias, and other flowering shrubs.

Retracing our steps, we return to the Coker Spring, where we can, if weary, refresh ourselves by a warm bath and a cup of "Bouillon," at the establishment of Mr. Gerner, which is attached to the spring. A ramble through the pine woods to the north and northeast of the town is rendered pleasant by the peculiar balsamic fragrance of the leaves of the pine trees. A large grove of these pines exists to the west of Dr. Rockwell's Sanatorium, and, when walks are made through it, will constitute a very pleasant and healthy promenade. Air impregnated with this aroma of the pine is particularly grateful to delicate lungs, and has been lauded from time immemorial as an important adjuvant in the climatic treatment of pulmonary affections.

Those who are geologically curious will find interest in the singular formations and strata laid bare by the railroad cuttings. In the winter the tall evergreen pines predominate over the leafless deciduous trees and shrubs, but, as soon as the spring opens, the woods are full of the greatest variety of wild flowers, giving interesting occupation to the student of botany. Cryptogamous plants are naturally not as abundant, either as individuals or species, as in moister climates; still there are enough of them to reward the collector for his search.

To those who prefer taking carriage or horseback exercise, the livery stables of Staubes or Wimberly will furnish comfortable carriages and buggies, and good saddle horses, and the country around some pleasant drives and rides.

The first and shortest of these is the drive to a small and pretty settlement of gentlemen's houses, about two miles from Aiken, on the road to Graniteville. The name of this little burg is Kalmia, and a visit to the highly cultivated, terraced grounds and garden of choice flowers of one of the houses fully compensates for the rough up and down hill drive.

Three miles further on, over an equally uneven road, we come to Graniteville. Before we reach it, however, we must stop for a little while on the top of the Chalk Hill to admire the extensive prospect of the valley of Horse Creek. To the right is a view of seemingly interminable forests of tall pine, with hills in the distance; below us, sleeping placidly in the sunshine, like two small lakes, are the two reservoirs that feed the canal furnishing water power to the mills, and right beneath us, on the banks of the small river, is the manufacturing village. Turning into a road on the left we are led to the neatly kept cemetery; from the height on which this is situated we see down the valley a far distance towards Augusta, and in the middle ground we perceive the village of Kalmia Mills, the mills themselves lying idle for want of capital to run them. The present owners being only capitalists who have invested money in this shape, they are in the market for sale, and we expect will not long remain without a purchaser.

But the little beehive below us is the very reverse of idle. As we descend to it we begin to perceive

that it is a live place. The noise of the wheels, the hum of the machinery, the preoccupied business air of those you meet, the regularity and neatness of the streets and houses with their bright flower gardens in front, remind the visitors more of the villages of their Northern home. This factory was founded in 1845, by the late Mr. Wm. Gregg, to whose energy and prudent foresight it owes its long career of prosperity. We feel it necessary to warn those whose lungs are delicate against staying any time in those parts of the mill where fine particles of lint and dust are floating in the atmosphere. A morning or afternoon spent in a visit to Graniteville is always remembered with pleasure.

The nearness of Augusta, (seventeen miles,) and the facility with which it is reached, a train running each way four times a day, makes a trip there a pleasant break in the uniformity of invalid life. The accommodation or local train, which leaves at 7:45 and returns at 6:30, is the one usually taken by those who go there on a pleasure excursion. It is a cheerful, pretty town, Main street being alive with busy swarms, and the more retired streets, quite broad and well planted with elms, contain houses indicating more than an usual degree of taste and wealth. This is accounted for by the fact of Augusta not having been injured to any degree by the war, and having advanced steadily in prosperity ever since.

And now that we have been entertaining our readers so long with this gossipy chat about ourselves, introducing ourselves to them, and making them better acquainted with us, we would beg those of them who are invalids, or who wish to acquire information on the subject, to accompany us while, in a more serious mood,

we turn the conversation on themselves, and endeavor to explain to them the light that the most recent investigations have thrown upon the nature of their affection, what advances science has made in opposing and retarding its progress, and what beneficial effect they may expect from our peculiar climate.

From its universal prevalence throughout the world, sparing neither age nor sex, respecting neither class nor condition, seizing with un pitying impartiality the young and the old, the princely merchant and the poor mechanic, the beautiful drawing-room belle and the humble factory girl, but electing for its favorite victims the brightest and most interesting members of a family, the question of the nature and treatment of *Consumption* has, perhaps, engaged the attention of physicians more generally than any other in the whole domain of medical science. Its prevalence may be determined by statistics showing the rate of mortality in proportion to the population and to that from other diseases. Thus we find that one-seventh of all the deaths throughout the world are due to Consumption. In the United States, in the years 1859-'60, the number of deaths from Consumption was 49,082, being in the proportion of 13.79 per cent. to that from all other diseases. These numbers give us some idea of the enormous amount of those who are attacked by the disease, and have very naturally directed the attention of medical men to the ascertainment of its nature, and the discovery and application of some specific remedy for its cure. For centuries back, every few years some new Archimedes starts up, and cries out to all the people, "I have found it," and for awhile the people believe him, and miraculous cures are effected and published to the world. But alas! the new remedy fails to stand the test of time

and of crucial scientific examination. Undaunted by their failures, medical men still continue their endeavors to combat the insidious foe. Experiment upon experiment is tried with the hope of discovering some specific capable of arresting its terrible march. But as far as internal drug-medication is concerned, but little has been done, and, in this respect, we are to-day nearly as powerless as we were a hundred years ago. We would not make this confession without much mortification, if we could not, with some degree of gratification, point to the results obtained by the more philosophic application of other agents, and a more judicious selection of the particular climate suited to each case, which promises to replace the indiscriminate sending abroad, or "going South," which has so injudiciously obtained hitherto. In order to determine what climate is best adapted to the restoration of an invalid from any particular disease, it is but natural that we should commence our inquiry as to the localities in which that disease is least prevalent among the native population, and to ascertain what conditions procure for them that exemption.

In applying this process to the disease in question, our investigations show it to be universal, with the single exception to prove the rule. Wherever man is, there is Consumption, but in varying quantity. These variations occur sometimes to a great degree in situations not very remote from each other. Thus in Genoa, for instance, the disease is so prevalent that four-fifths of all bodies examined after death were found to contain evidences of Pulmonary Consumption.* In Nice, on the other hand, situated on the same coast,

*Descrizione di Genova. 1846.

only a few miles to the southwest, it is so rare that consumptive patients are sent there to spend the winter months from all parts of Europe.

It is proposed, in the present pages, to present a short *resumé* of the medical geography of Consumption, and of the influences which are most active in giving rise to it, and thus enable the reader to form some idea of the climate which affords him the best chance of recovery, or, at least of a prolongation of life.

In preparing the following statistics, the writers have been careful to select only such as are vouched for by the best and latest authority, and cheerfully admit that they have drawn extensively on Professor Hirsch's admirable book on Medical Geography,* a work which has not yet been translated into English, and is, consequently, beyond the reach of many of their readers.

In treating of climate we have to take its three elements into consideration, viz: 1st. Temperature, or thermometrical range; 2d. Dryness or moisture, or hygrometric condition; and, 3d. Equability, or sudden variations in thermometric and barometric indications; and we propose to consider the effect of each of these in its turn, both in the production of the disease in question and on its course when once generated.

1ST. TEMPERATURE.

Believing that his complaint originates in exposure to a low temperature, as in many cases it doubtless does, the pulmonary invalid instinctively seeks relief in the warmer climates of low latitudes. Feeling keenly on the sensitive surface of his air-tubes the cutting

*Handbuch der historisch-geographischen Pathologie August Hirsch. Erlangen. 1862-'64.

effects of the cold Northern air, and with the hopefulness inherent in his disease, he is firmly convinced that if he could breathe for a season the warm breezes of the South, never mind where, he would get quite well. And we can imagine the astonishment with which the bold adventurers who first sought health in the dry, cold, bracing air of Sweden and Norway, Canada and Minnesota, and often found it too, must have been regarded.

But medical geography proves conclusively, by its statistics, that mean temperature, independent of other conditions, exercises but little influence on the development of consumption, and that, although generally diffused over the whole globe, it is, as a rule, more prevalent in very warm than in cold climates, and its course much more rapid.

The following tables, extracted from Professor Hirsch's work mentioned above, show very conclusively how little the mean temperature has to do with the frequency of the disease:

Name of Place.	Mean Temperature.	Mortality from Consumption.
Boston	45° F.	3.8 per M.
London.....	47°	3.7
St. Louis...	50° 5'	3.7
Charleston }	64° 5' (1856) }	3.8
	59° 5' }	

Thus we see that the relative mortality from Consumption is as great in Charleston as in Boston,* although the difference in mean temperature amounts to 14.5° to 19.5°. In Copenhagen the mean temperature is 42.8° F.; at Malta it is 59.8°; and yet the mortality from Consumption in both places is 3.3 per M.

*More recent tables, kindly transmitted to us by Dr. Geo. Derby, referring to 1896, indicate a slight increase for Boston, making the comparative mortality 3.9.

Among the English troops, whether stationed in Newfoundland, where the mean is 37° F., or the Ionian Isles, where it is 55.4° , or at Gibraltar, 60° , the mortality is the same, viz: 3.5 per M.

Setting aside from our calculations the injurious effect produced by life in large cities, there is no agent which exercises a more deleterious influence on the course of Pulmonary Consumption than a very high temperature, such as obtains in the tropics. Not only is the disease very prevalent, but its progress, when once developed, is terribly rapid. This is most strikingly the case in the West Indies, on the coast of South America, and in Brazil.

Even on our own continent we have in New Orleans a remarkable example of the deleterious effects of heat and moisture on the development of Tubercular Consumption. The rate of mortality from the disease in that city is 6 per M., which is much greater than that of any other city in the United States, and is equalled by that of few places in the world.*

The climate of Florida, which is so beneficial to lung complaints during the winter, appears, from the reports of Southgate, to exercise a most injurious influence on the course of the disease during the summer months. Speaking of the influence of that climate on consumptives residing at New Smyrna, and other points on the Atlantic coast, who had contracted the disease at Florida, he says: "In such, the rapid melting down of the tissues of the lung in the warm months it has been my painful duty to witness in more than a single instance."†

*Stark. Edin. Med. and Surg'l Journal, No. LXXV, p. 130.

†Med. Statistics U. S. A., 1839-'54, p. 313.

In few places does the disease commit such extensive ravages as in the warm climates of the South Sea Islands. Speaking of these islands, Comeras says: "Pulmonary Phthisis is very common on the Islands of Tahiti and the Marquesas, in fact throughout the whole of Oceanica. It carries off one-third of the whole population. * * Pulmonary disorganization advances in these countries with fearful rapidity; three or four months are sufficient to lead the patient to the grave. One finds at every step whole families a prey to convulsive cough, young daughters abandoned by their parents, consumptives in every stage reduced to a state of emaciation horrible to behold."

The Sandwich Islands, however, constitute an exception to this statement, for there the disease is by no means common.

Having thus proved that warmth alone is not antagonistic to the production or to the progress of the disease, when once developed, but that, on the contrary, in many instances, it favors the one and accelerates the other to an appalling degree, we will next proceed to consider what effect the second element, mentioned above, has, viz:

EQUABILITY.

Although it is admitted that sudden and extreme variations of temperature are injurious to health generally, and more especially detrimental to invalids, yet it is thought, by those who have paid most attention to the subject, that ordinary changes in the thermometer are rather beneficial than otherwise. Fuller, an eminent authority on Consumption, remarks: "Careful observation, amply corroborated by statistical records, proves incontestibly that the pure air of heaven which

God has provided for us to breathe, and the *variations of temperature*, to which, in His all-wise providence, He has seen fit to subject us, are not so noxious or productive of ill health as man in his ignorance has oftentimes asserted. No climate is more variable than ours, (England,) and none certainly is more healthy, as proved beyond dispute by the bills of mortality.* Southgate's opinion is that equability can hardly be considered as the most vital element of climate, the highest degree of physical vigor being attained in strikingly variable climates, the human constitution being adapted to such mutations, and its powers would languish under the monotonous impress of a uniform temperature for a long time.† Nevertheless, we must allow that *very sudden* changes exercise anything but a favorable influence on the production and progress of Consumption, and that the disease is not only rarer where the climate is equable, but that its course is also much less rapid.

But in estimating the influence of sudden changes of temperature we must not leave out of the calculation the consideration that they are usually combined with a humid state of the atmosphere, and that, on the other hand, in places which possess an equable temperature a low dew-point obtains, indicating a dry state of the atmosphere; and this leads us to the consideration of our third, and, as we consider it, the most important element of climate, viz:

DRYNESS OR HUMIDITY.

Nowhere in the domain of meteorology do we find an agent more potent in the production of Pulmonary Consumption, or one which exercises a more deleterious

*Fuller on the Lungs and Air Passages, p. 365.

†U. S. Army Med. Stat., p. 312.

effect upon its progress, than moisture. On looking over statistical reports from various parts of the world we are forcibly struck with the fact of its prevalence along the seacoast, and its diminished frequency as we approach the interior. On the coast of Africa it prevails extensively, especially at Benin and Biafra, but is almost unknown in the interior of that continent. On the coast of Egypt it is quite common, but diminishes in frequency the further inland we proceed, and disappears almost entirely in Upper Egypt. The same is true of all the parts of the African coast, where accurate statistics have been collected. Even Algiers is far from enjoying the immunity ascribed to it, the mortality from Consumption being 2.9 per M., very little below that of Dresden, which is 3 per M., and of many other European towns. In Europe the same predilection for the coast is observed, only in a less marked degree than on the other continents. In Asia we find it prevailing along the coast of the Red Sea, but look for it in vain in the interior of Arabia. In India it prevails extensively on the coast of Malabar, Cawnpore, and in Bombay.

Our own continent presents a striking confirmation of the statements regarding the baleful influence of moisture. Consumption is quite frequent all along the Atlantic and Gulf coasts, on the shores of our great lakes, and along the course of our larger rivers. Coolidge concludes his statistical report of the diseases prevalent among the troops stationed in Florida with the following remarks: "An examination of the statistics of that disease (Phthisis) for the several regions, in connection with the consolidated temperature and rain-tables, will serve to show in a marked degree the effect of long-continued high temperature, combined

with excessive moisture, (high dew-point,) in the production and development of Pulmonary Consumption." U. S. A. Med. Stat., 1839-'54, p. 338.

In Mexico the disease prevails on the coast, but is almost unknown on the high and dry table-lands of that country. Nowhere, however, do we find the truth of the above assertion more fully confirmed than in Central and South America. Here, commencing with Mosquito, we find it prevalent along the coast of Costa Rica, Panama, Colombia, Guyana, Brazil, La Plata, Chile and Peru. In La Plata, where it was supposed at one time that a Sanatorium for Consumption existed, Dupont found the disease very prevalent. Speaking of Montevideo, he says: "C'est cette affection qui donne en temps ordinaire le plus de morts, et de rapatriements pour les navires de cette station; la Phthisie ne marche pas, elle galloppe, et telle est cette rapidité qu'il n'est pas permis de rapatrier à temps les tuberculeux; presque tous meurent sans qu'il y ait un seul instant de répit." *Notes et Observations sur la côte orientale d'Amerique, 1868.*

Our space will not allow us to go into detail as to its relative frequency in different parts of the island-world; it will be sufficient to state that, with the exception of Iceland, it exists more or less extensively on nearly all of them. We have already shown how fearful its ravages are in Oceanica, and in the West Indies it carries off numbers of the inhabitants, both black and white.

The above facts, which might be indefinitely multiplied, demonstrate to what a great extent the prevalence of pulmonary complaints is due to a humid condition of the atmosphere. We might even go farther and prove how great the difference of its prevalence is

between two towns not very far from each other; the one situated on a small lake or river suffering severely from its ravages, while the other, with a drier atmosphere, enjoys almost complete immunity, but this would carry us too much into detail.

WINDS.

The winds which appear to exercise the most deleterious influence are those which are most charged with moisture, viz: the east and northeast.

CONFIGURATION OF THE EARTH.

This is naturally not without its influence. We have already had occasion to remark that in those countries where the disease is very prevalent on the coast, it gradually disappears as we ascend the mountains. Those places which are noted for their exemption are high and remarkable for the dryness of the soil. We find confirmatory examples of this in Central and many States of South America. The high plateaus of the Rocky Mountains and the Andes are almost exempt, and tuberculous patients derive great benefit from a residence in these elevated situations. The height that has been found most beneficial is from eighteen hundred to four thousand feet, and even higher. In Natal the Drakenberg range attains an elevation of ten thousand feet, and is crowned by a table land where the climate is dry, the sun brilliant, and the heat not excessive. Dr. Weber, physician to the German Hospital, London, in an interesting paper, read before the Royal Med. and Chir. Society, (*Lancet*, August, 1869,) asserts that there is no fixed elevation of immunity for every degree of latitude, but that elevation is influenced by all circumstances affecting the degree of dampness or

dryness of the soil, confirming his statements by reference to the important results of Bowditch and Buchanan's researches. He further remarks that these elevated localities offer great advantages in cases of early Consumption and tendency to Consumption, in the disposition to Catarrhal Pneumonia, and the results of this disease, particularly the so-called tubercular deposits and the genuine tubercular infiltrations.

EFFECTS OF CIVILIZATION.

Civilization, and its attendant evils, undoubtedly favor the development of tubercular disease. For a long time Consumption was unknown among the Indians and early settlers of our Western States, but as soon as the population increased, and the new comers brought with them the manners and customs of the East, the disease became every year more and more frequent, so that at the present day it is quite as prevalent there as in the other parts of the Union. Among the Bedouins it is almost unknown as long as these people lead their nomadic life in the desert; no sooner, however, do they remove to the coasts of the Red Sea, and "exchange the tent for a house of stone," than they become a prey to the disease.

That the crowding together of many individuals is a fruitful source of Consumption is proved by the fact that it is in large cities that it finds most of its victims; thus in **Edinburg** the mortality is 4.8 per M., in **Glasgow** 7, in **Paris** 4.1, **New York** 3.4, and **New Orleans** 6. In **Lisbon** the disease prevails extensively, while the surrounding country is almost exempt. That this is not owing solely to the enervating influences of city life, but to crowding, may be considered proved by the following facts: The aborigines of **New Zealand**, who,

previous to the arrival of the English settlers, led a wild, roaming life, were found to be comparatively exempt from tubercular disease. It was deemed afterwards necessary to confine them to a certain tract of country, but here, although they were supplied with food, clothing and dwellings, the mortality among them, especially from Consumption, became so great that government found it necessary to remove the restriction, after which the mortality was greatly diminished. (Powers.)

The effect of the density of population is made apparent by the following tables, extracted from Professor Hirsch's work. Thus in London:

Where the population is 1 to every 32 square yards the mortality from Consumption is 4.2 per M.

Where there is 1 to every 142 square yards the mortality from Consumption is 4 per M.

Where there is one to every 173 square yards the mortality from Consumption is only 3.3 per M.

In Ireland the proportion of mortality from Consumption to density of population is as follows, Leinster making an exception, as Dublin is the main representative of the mortality of that county:

In Ulster, 4,957 inhabitants to square mile, the proportion of deaths from Consumption to total number of deaths.....1:8.96

Leinster, 4,685 inhabitants to square mile, the proportion of deaths from Consumption to total number of deaths.....1:6.95

Munster, 4,133 inhabitants to square mile, the proportion of deaths from Consumption to total number of deaths.....1:9.83

Connaught, 3,101 inhabitants to square mile, the proportion of deaths from Consumption to total number of deaths.1:11.11

[*Hirsch, vol. 2, p. 85.*]

The injurious effects produced by the deprivation of good, pure fresh air are strikingly exemplified in the prison reports from different parts of the world. Of these we will only mention Baily's reports of the Millbank Penitentiary. Within the space of eighteen years

there were 205 deaths, 31 of which were from cholera; of the remaining 174, 75 were due to Consumption. Of 355 discharged on account of disease, 90 were affected with Consumption. Dr. Pietra Santa gives us the following account of the ravages of Consumption in the prisons of France and Algiers. Of 600 prisoners incarcerated in the prison of Nîmes, 350 died of Consumption in a very limited period. Of 27 deaths in the civil prison in Algiers, 17 were from Consumption, and at the Maison Centrale de l'Harrach, in Algeria, 57 out of 153 deaths were due to this disease. The crowding together of troops in barracks is almost as fatal as prison life. The mortality among the infantry of the Guard in England reaches the very high figure of 12 per M. The mortality among troops engaged in active service is inconsiderable. What has been said of prisons and barracks applies, though in a less degree, to cloisters, schools, and factories and other institutions, in which the inmates are compelled to lead a sedentary life.

Clarke, in his treatise on Pulmonary Consumption, makes the following pertinent remarks: "The effects of sedentary life in all classes and conditions of society is, in my opinion, most pernicious, and there is, perhaps, no cause, not even excepting hereditary predisposition, which exerts such a decided influence on the production of Consumption as the *privation of fresh air and exercise*; indeed, the result of my inquiries leads to the conviction that sedentary habits are among the most powerful causes of tuberculous disease, and that they operate in the higher classes as the principal cause of its greater frequency among females."

The consideration of the other causes of Consumption, such as hereditary predisposition, contagion, etc.,

does not fall within the range of our little work, which professes to treat only of those that are connected with climate, and, therefore, to a certain degree avoidable, avoidable in a high degree by the application of such means as a man's own industry or that of his forefathers' inherited or acquired wealth, places at his disposal.

In the foregoing pages we have principally treated of those influences which are favorable to the production and progress of the disease when once developed, and we maintain that we have proved:

1st. That a very warm climate is more injurious even than a very cold one, and that one of medium temperature is the best.

2d. That sudden changes of temperature are injurious if extreme, but that moderate variations are more beneficial than a monotonous equability.

3d. That the most unfavorable winds are those charged with most moisture, viz: the eastern and northeastern.

4th. That civilization and its attendant evils, comprised in the term *ochlesis*, promote the frequency of the occurrence of Consumption.

5th. Which is a corollary of the previous proposition—that the more crowded a population is, the more prevalent is the disease, and

6th. That moisture, whether of atmosphere or soil, is the injurious agent, both in its production and development.

Having thus considered the detrimental influences, we may now turn to the obverse of the medal, the brighter side of the picture; having shown our invalid what has been injurious to him, it is our duty to point out to him those agencies and climatic conditions which

have been proved to be most antagonistic to the origination of his disease, and opposing the most obstacles to its progress. These conditions are naturally the reverse of the preceding ones, and our researches show:

1st. That *dryness* is the *first* attribute of a good climate for consumptives.

2d. That elevated positions are much to be preferred to low levels.

3d. That fresh and pure air is indispensable to the consumptive, and consequently that that climate is best for him in which he is able without discomfort to spend the greater portion of his time in the open air, and we wish also to demonstrate that our own climate, while it is free from all injurious agencies, possesses, in a high degree, those qualities which are proved to be beneficial.

1st. DRYNESS.—The favorable effects of dryness of air and soil on those affected with Pulmonary Phthisis has long been recognized—indeed, nearly eighteen hundred years ago Galen conceived the idea of treating Consumption on the same principles as he did ulcers on the skin and elsewhere, *i. e.*, by desiccation and consequent cicatrization. To effect this he was in the habit of sending his patients to Tabiæ.*

Putting out of consideration for awhile the general effects of a tonic-bracing atmosphere on the whole system, it is but natural to conclude that an air void of moisture, and consequently of all those minute impurities which moisture holds in suspension in such abundance, is more healing to a surface of lung irritated by the deposit of tubercle or by any other cause.

* De Methodo Medendi, lib. v., cap. xii., Ed. Kuhn.

Rest is after all the great healing principle of nature. In a large majority of cases of disease rest to the suffering organ is all that is needed for its restoration to health. In very many cases if we can procure this nature will finish the work of restoration. We place a broken limb in that position where the muscles will be most at rest, and nature reunites the separated bones. An irritated brain we put to sleep, a diseased stomach we rest by abstinence, and it is only reasonable that we should seek to apply the same rational treatment, as far as lies in our power, to the lungs. Therefore that air which calls for the least exertion on the part of these organs must necessarily offer them the greatest chance of recuperation.

That the climate of Aiken possesses this essential element of dryness we will now proceed to prove, and for that purpose have carefully compiled the annexed meteorological tables from observations made and kindly furnished us by the Rev. John H. Cornish, to whom we are also indebted for much other information confirmatory of our own unformularized experience.

The observations upon which these tables are based extend over a period of eight years, and are complete in every respect, except that he has been unable of late, from the want of proper instruments, to note the dew point. His observations of previous years indicate that this is invariably low, a fact universally acknowledged by all who have resided here for any length of time. The difference of temperature between day and night must be very marked before dew is deposited at all. It is even then so slight that it disappears off the grass very soon after sunrise. The atmosphere is so dry that surgical and other instruments, guns, etc., which require so much care in other places to prevent their rusting,

may be exposed here for months without sustaining damage.

An exemplification of the dryness of our soil may be found in the fact that our wells have to be dug in some places from 90 to 150 feet deep before water is reached. The porosity of the earth, composed of a loose, sandy gravel, overlying in varying thickness, a bed of red ferruginous clay is so marked that the water which falls during the heaviest rains dries off in a few hours, thus allowing the invalid to take his usual and necessary exercise and fresh air—the importance of which we propose to show a little further on. Fogs are extremely rare, and the epiphyte *Tillandsia*, or tree moss, that unfailing indicator of moisture and malaria, which so gracefully festoons the live-oaks of the low country, is entirely absent.

All these facts conclusively prove that our climate possesses in a high degree the element of dryness, which we have shown to be so essential to render a climate negative in the production, and obstructive to the progress of pulmonary disease in general, and Consumption in particular. To this element of dryness we conjoin the other important one of moderate.

2d. TEMPERATURE.—By reference to the annexed tables, Nos. 1, 2 and 3, it will be seen that our range is not a very extended one, more especially if we exclude exceptional cases as where the thermometer reached 102° twice and 100° seven times in eight years, and the low temperatures of $+12^{\circ}$, 15° , 17° , 19° , each of which was observed but once in eight years, the usual minimum being seldom under $+34^{\circ}$.

Owing to the dryness of the air the atmosphere evaporates in summer very rapidly, producing a cooling of the surface and doing away with the feeling of oppres-

sion and debility which heat produces when accompanied by moisture.

We are acquainted with several instances of Northern consumptives who have passed the summer here and found themselves in better condition at the end than they were at the commencement of it.

Having given the absolute range of temperature of Aiken, let us now compare it with that of other places, both in the United States and in Europe:

Table showing the difference between the Mean Temperature of Aiken and other places of the U. S.

Mean temperature of Aiken, is	61°.69	Difference.
“ “ New York,	50°.09—11°.60 colder.	
“ “ Boston,	48°.20—13°.49	“
“ “ Portland, Me.,	45°.00—16°.69	“
“ “ Newark, N. J.,	48°.39—13°.30	“
“ “ Philadelphia,	53°.46— 8°.23	“
“ “ Cincinnati,	54°.07— 7°.62	“
“ “ St. Louis,	53°.50— 8°.19	“
“ “ San Francisco,	57°.43— 4°.26	“
“ “ Princeton, Min.,	39°.60—22°.09	“
“ “ Charleston, S. C.,	64°.35— 2°.66 warmer.	
“ “ Savannah,	64°.26— 2°.57	“
“ “ St. Augustine,	69°.46— 7°.77	“

Thus, as compared with places in our own country, you will perceive that Aiken, in point of mean temperature, occupies a desirable medium, as a rule not very cold, nor yet hot enough to produce in invalids those unfavorable effects which we have already described as resulting from the depressing influence of long continued high temperature.

We will find next, if we compare it with that of those places in Europe which are most resorted to by pulmonary invalids, that the difference is very slight, all of them coming within a few degrees one way or the other.

This is a point of some little importance, as it shows that we come between the isothermal lines which long experience has shown to be best suited to our invalids.

Thus the mean annual temperature of

Palermo is	62°.70, or 1°.01 warmer than Aiken.
Pisa,	60°.60, or 1°.09 colder than Aiken.
Nice,	59°.00, or 2°.69 " "
Venice,	56°.40, or 5°.29 " "
Madeira,	65°.40, or 3°.71 warmer than Aiken.

As most of our guests are in the habit of spending only the six winter months with us, it may be more interesting to them if we select the temperature of the colder half of the year in other places, and compare it with our own during that period.

The mean temperature of Aiken for the cold season being $+ 51^{\circ}.63$:

That of New York is	35°.40, or 16°.23 colder than Aiken.
" Cornish, Me.,	26°.16, or 25°.47 " "
" Worcester, Mas.,	31°.95, or 19°.68 " "
" Newark, N. J.,	35°.88, or 15°.75 " "
" Philadelphia,	39°.30, or 12°.33 " "
" Chicago,	33°.88, or 17°.75 " "
" Cincinnati,	38°.70, or 12°.93 " "
" St. Louis,	40°.11, or 11°.52 " "
" St. Paul, Minn.,	21°.21, or 30°.42 " "
" Florida,	62°.06, or 10°.43 warmer "

As before, we will carry the comparison over to that of the most noted resorts for consumptives in Europe, and we obtain the following encouraging results:

The mean temperature for the six colder months of

Nice is	51°.80, or 0°.17 warmer than Aiken.
Palermo,	51°.60, or 0°.03 colder "
Pau,	49°.26, or 2°.37 " "
Pisa,	49°.00, or 2°.63 " "
Madeira,	56°.00, or 4°.37 warmer "
Venice,	41°.42, or 10°.21 colder "

Thus we perceive that Aiken may in point, both of mean annual temperature and of mean temperature of the colder months, be favorably compared with these well known and highly esteemed localities, leaving for the present for future consideration the advantages it possesses in point of dryness and consequent suitability for an out-of-door life.

3d. WINDS.—In the eight years of our observation, the southwest wind, which is the pleasantest, and the one which taxes least the delicate lung, prevailed for thirty-nine months. On the other hand, the southeast, which is so injurious, is very rare, and the east wind prevailed for only twelve months during those eight years. The force of the wind is usually very moderate.

The above-named three qualities combined contribute essentially to the fourth.

4th. ABILITY OF THE PATIENT TO PASS THE GREATER PORTION OF HIS TIME IN THE OPEN AIR.—We find the importance of this so forcibly and emphatically described in Dr. C. T. Williams' work on the climate of the South of France, that we prefer quoting his words on the subject. Speaking of the advantages of a Southern climate, he says: "The chief of these is the amount of sunshine the invalid enjoys for weeks and even months together, when the sun often rises in a cloudless sky, shines for several hours with a brightness and warmth surpassing that of the British summer, and then sinks without a cloud behind the ranges of the Maritime Alps, displaying in his setting the beautiful and varied succession of tints which characterize that glorious phenomenon of the refraction of light, a Southern sunset.

* * * * Owing to this genial influence, not accompanied, as it is in the most protected of English wintering places, by any sensation of chill or damp, and the

chemical effect of which is seen in the tanning of the skin, owing to the freedom of the climate from rapid and constantly recurring changes of frost, rain, mist, and mild weather, *the invalid spends the greatest part of the day in the open air and scarcely knows what confinement within doors means.* The exciting causes of his complaint being removed, and the long spell of propitious weather enabling the full influence of the genial atmosphere to act on his frame, his bodily vigor gradually returns and he finds himself able to enjoy a fair amount of exercise, whether walking, driving or riding in a region in which earth, sea, and sky present to his observation phenomena so varied in form, so brilliant in color, and so wondrous in beauty that an inexhaustible feast unfolds itself to his astonished gaze in the enjoyment of which his attention is withdrawn from the contemplation, and oftentimes the exaggeration of his own complaint, and directed to higher and nobler objects."

To those persons whose systems have been depressed by nervous anxiety and despondency, or whose brain and nerves have been overtaxed, this attraction of the attention towards external objects is of no little importance; while on those who have suffered from too sedentary occupation and overcrowding, the ability to be out in the fresh air, and to take exercise, to imbibe, as it were, sunshine, and draw in health with every breath for so large a portion of the twenty four hours, exercises very naturally the most beneficial influence.

In Aiken he may enjoy this great privilege in a high degree; the weather is seldom so continuously disagreeable as to confine the invalid to the house for a whole day. Looking back from the period at which we are now writing, we find that in the last fifty-five

days there have been only three on which he could not have been out of doors to enjoy the bright, warm sunshine and balmy air.

5th. ELEVATION.—As we have already mentioned, Aiken owes much of the peculiar character of its climate to its comparative elevation above the surrounding country. It is the highest point on the South Carolina Railroad. From here the road descends rapidly to Augusta, leaving us on a kind of plateau on the top of a hill. Six hundred feet above the sea level may not seem a very great height, nor is it absolutely ; but then absolute height is not of so great importance as sufficient comparative elevation to ensure thorough drainage and a dry air. This subject of the beneficial effect of a prolonged residence on high levels on Phthisis was brought before the Royal Medical and Chirurgical Society last August, and elicited a most interesting discussion, to which we have already cursorily referred. As the opinions expressed were those of the highest authorities on the subject in England, we will take the liberty of laying them more extensively before our readers. Dr. Weber described seventeen cases treated by prolonged residence on “high-level health resorts,” and the effect, he says, may be stated as decidedly satisfactory in fifteen, undecided in one, and unsatisfactory in another. Two of the cases were cured, but, on returning to unhealthy occupations and localities, were seized with fresh attacks, resulting in death. A post-mortem examination showed the healing of the original lesion. It seems that most of the other cases got well, but would have relapses whenever they exposed themselves to the causes of their first attacks. A second and third more prolonged stay on high ground would lead to a more permanent cure. He

thinks that these elevated regions "deserve more attention than they have obtained, both as winter and summer resorts for pulmonary invalids;" * * * * * "that the tendency to absorption and fibrous transformation or cicatrization of deposits—the result aimed at—is promoted, and the tendency to the breaking down of tissues and formation of cavities, the result to be avoided, is counteracted in elevated health resorts." As confirmatory of this view of the retrogression of convalescence upon exposure to unfavorable circumstances, you will allow us to quote words used by one of us many years ago, when urging upon invalids a more prolonged stay in a healing atmosphere, a view which has been strengthened by the observations of later years, and of which we have examples under our eye at this present moment: * "We too often see our Northern friends, after improving during the winter, and attaining a certain degree of health, return home for the summer. The next winter they come back to us a little lower in health than when they first came. This process is repeated several times, and then we either hear of them no more, or that we will not see them again, thus proving that a Northern summer does not possess the virtues of a Southern climate."

In accounting for the beneficial action of these high levels, Dr. Weber attributes especial importance to the dryness of the soil and air; the former as permitting to a great degree an out-of-door life; the second ensuring a freedom from foreign admixtures, and also to the presence of a large amount of ozone, which increases the oxidizing power of the air, and so lessens the amount of inspiration necessary to be performed by

* Address delivered before S. C. Med. Association, by Amory Coffin, M. D., 1852.

the weak lung, giving it, to some degree, that rest which we have already spoken of as necessary to a diseased organ.

The inhabitants of large cities, whose health has been broken down by the action of that combination of deleterious influences which we term *ochlesis*, and which results from overcrowding, will be able to experience the revivifying influence, not only of fresh and pure air, but of plenty of it. Our little town is spread over a large area, the population sparse and the houses scattered; so that, while we enjoy many of the privileges of a town, such as proximity to markets and shops, postoffice, railroad and telegraph station, we have all the freedom from those impurities which poison the air of a closely-built town; true typhoid fever is extremely rare, and there has been no case of Consumption originating and terminating fatally here for the last fourteen years, and this notwithstanding the unfavorable dietetic and hygienic circumstances in which the poorer classes exist.

TONIC PROPERTIES OF THE ATMOSPHERE.

Besides the soothing influence of the atmosphere on the bronchial mucous membranes of the lungs, it has been found to have a most tonic effect on the general system. This is most especially evidenced in the rapid recovery from diseases of debility, the stage of convalescence intervening between illness and health, usually so tedious, being, as it were, jumped over. This quality is attributed by Dr. Hartsen to the "exciting and vivifying action of the South." He remarks: "Many a patient who in the North is scarcely capable of walking a quarter of an hour without fatigue, is often able, after his arrival in the South, to take long walks with-

out experiencing the slightest fatigue, and is thus enabled to exercise his lungs in the open air. I have often observed this, and considered it one of the chief advantages of a residence in the South." *

CURABILITY OF CONSUMPTION.

"But," some sceptical reader will object, "although you have made out a capital case for your climate, and we allow that it is highly beneficial in cases of bronchitis, pure and uncomplicated or pneumonic catarrh, or convalescence from diseases of debility; that your air is pure and easily breathed, your soil dry, your sun bright, and your temperature moderate, you must confess that the most that these advantages can do for a sufferer from genuine Consumption is to prolong his life for a short time at the cost of expatriation, the privation of the precious comforts of home and the society of dear friends. The game, you will allow, is hardly worth the candle." We are happy to be able boldly to say that we confess no such thing. We can point out to you more than one person who came among us many years ago with hemorrhages, cough, emaciation and other symptoms of Pulmonary Phthisis, who are not only still alive, but in the enjoyment of very fair health. Some of these cases occurred as long as thirty years ago, and in one instance the "retrogression of convalescence," on a return to unfavorable locality and occupation, was very marked. Let us, then, consider the question, *Is Consumption curable?*

As in all sciences, so also in medical knowledge, progression is never one of steady advances; but, like the waves of the rising tide, we are sometimes carried nearly back to the point whence we started, then a

* Hartsen, Virchow's Archiv., Band 46, p. 128.

fresh progression, another falling back, and so on; always gaining, but every now and then checked by coming in contact with one of those apparently insuperable barriers which seem to mark the confines of human knowledge. This truth applies with full force to the above question of the curability of Consumption. In the last century but few physicians would have dreamed of answering it in the negative; and it was only after the invention and application of percussion and auscultation, that the idea obtained that Consumption was an incurable disease, and, owing to the vanity of the age, which induced men to undervalue the truths acquired through the close and accurate observation and experience of the fathers of medicine, became so firmly established, that, ten or fifteen years ago, it would have been considered rank heresy for any medical man to have asserted a contrary opinion. Since that time, however, the old idea of its curability has again revived; and we hope in the present chapter to be able to prove, not only that Consumption is curable, but that such instances of cure are not unfrequent. In the first place, as Waldenburg* justly remarks, it is a mistake to suppose that an individual can have Consumption but once; in the great majority of cases there is a repetition of the disease, and the patient frequently looks well and enjoys excellent health in the intervals, the symptoms indicative of the disease disappearing entirely, or when this, from their nature is impossible, remaining in *statu quo*.

It appears somewhat remarkable that this important fact should have attracted so little notice from those who have made a special study of the disease, and yet it is of every-day occurrence, so much so that many

* Die Tuberculose, etc., etc. Von L. Waldenburg, Berlin, 1869.

even of our lay readers will doubtless recall to mind examples of it.

Without dwelling upon those cases which have come under our observation, which, although they impressed us strongly with the truth of the statement, yet have not been by us, put into notes of sufficient accuracy to make them of any value, we will give a short *resumé* of the opinions entertained by some of the most celebrated authorities on pulmonary affections, selecting a few striking cases by way of illustration.

Fuller, from whose work we have already quoted, after calling to mind the fact that tubercle deposited in the external glands may remain quiescent for years, or, what is more usually the case, undergo complete resorption, makes the following remarks: "Thus we are constrained to believe that the same holds good in respect to the lungs, and that whether tubercular deposits in these organs remain quiescent or undergo absorption, or calcareous transformation, or be got rid of by suppuration and expectoration, the patient may recover, or attain to longevity, provided only that his general health be improved, and the condition of his blood altered, so that no fresh deposit of tubercle shall occur."

He mentions three cases of recovery in which vestiges of cavities and of tubercular deposit were found, although the subjects had ceased to show symptoms of Consumption for years previous to their death, and had gained flesh in the meantime. The most remarkable case was that of Mary Liddon, whose mother had died of Consumption, and who herself had been "asthmatic" for years, and had occasionally expectorated blood.

When she first applied for relief, in 1849, she presented most of the general symptoms of Consumption. She

was pale, somewhat emaciated, with nails bent over, was short-breathed and expectorated a considerable quantity of matter. There was marked dulness and flattening under the collar-bones of both sides, and the evidences of a cavity in the right lung. A tonic plan of treatment was pursued, and after a time the general symptoms began to subside, the signs of the excavation to disappear, and she rallied so rapidly that before the expiration of eighteen months her general aspect was that of good health. In 1858 she died of another disease, and the body was examined, revealing an old scar in the right lung, the remains of the former cavity which had healed. There was only a little old tubercle in the neighborhood of the scar.

Even more cheering is the testimony of Dr. C. J. B. Williams, who has preserved notes of no less than two thousand cases of Consumption. The following are his words: "Powerless as medicine is in the overwhelming and rapid types of the disease, it has yet considerable influence over the milder forms, and under careful treatment life may be prolonged for many years in comfort and usefulness, and in not very few cases the disease is so permanently arrested that it may be called cured. In six hundred cases there were no less than fifty-six in which the disease was arrested and the patients lived twenty years and upwards."

This does not include many cases where the disease was checked in its incipency.

For the sake of encouraging our patients to persevere in the treatment prescribed for them, we will now give a brief synopsis of some of these cases.

"An unmarried lady consulted Dr. W. in 1847—had cough for eighteen months. During the two months previous to her visit, her breath had become hurried,

and her flesh and strength had become much reduced. She had no appetite, and had spit up a few mouthfuls of blood. At the time of her visit she was very weak and much emaciated, with quick pulse and profuse night sweats. There were signs of tubercle in more than half of the left side of the chest, and cavities in the same region. Under the treatment instituted, she improved in strength and well being, and had but little cough. She continued to improve, and was married in 1850. In 1867, twenty years after her first visit, and twenty-one and a half from the commencement of the disease, she was alive and well.

"A clergyman, 32 years old, was seen by Dr. W. for the first time in 1846. He had lost four sisters with Consumption. Three years previous to that time he had become hoarse. Cough with expectoration and shortness of breath came on five months before. There were signs of tubercle and cavities in upper portion of right side of chest. He was placed under treatment, and for the next two years resided at Minehead, and in parts of Devonshire, Malta, and Pisa. In 1868 he was again seen when he was quite well and active, conducting a large school, could walk, preach and bear exposure to any extent. The physical signs, dulness, etc., remained, rather to be attributed, however, to the vestiges of his former complaint than to any existing disease, as he had enjoyed excellent health for twelve years."

These well marked cases of Dr. Williams are but types of what we have not unfrequently witnessed ourselves. Waldenburg, after dwelling upon the fact that the same individual may have more than one attack of Consumption, makes the following bold statement:

“Viewed in this light, Phthisis is one of the most frequently curable among the diseases which endanger life, and its treatment is often for the physician a most grateful task. Compared with chronic disease of the brain, with nephritis, cancer, etc., how hopeless do these latter appear. It is true that to attain this result, the patient's circumstances must admit not only of his following the medical prescriptions and directions about diet, but also of considerable material sacrifices, such as long journeys, change of residence,” etc. (Op. cit.)

Of late years it has been demonstrated by actual experiment that Consumption may be produced in the lower animals by inoculation. During these experiments, which have been carried on very extensively, it sometimes happened that the animals recovered, and grew fat again. They were afterwards killed, and their bodies examined. In such cases the vestiges of the disease were observed, the tubercular matter having undergone retrograde metamorphosis.

We have thus corroborated our seemingly bold statement of the curability of Consumption by the quotation of the opinions of the most eminent authorities in Europe, and proved the ground of their opinions by the citation of cases most carefully observed by them.

This is certainly most cheering, but such is the hopefulness of disposition which, so strangely, almost invariably accompanies this disease, that it falls much oftener to our lot to be obliged, in mercy, to repress unfounded hope than to inspire confidence. This sanguineness seems to be contagious, for it not only communicates itself to surrounding friends, but influences the judgment of the attending physician. The floating straw is not only caught at by the drowning man, but is cruelly held out to him by those standing on the

shore. The unfortunate consequence is that we have too often sent down to us, for our climate to cure, cases which are beyond cure—cases in which the existence of large cavities, profuse suppuration, laryngeal ulceration, colliquative diarrhœa, and other equivalent signs indicate that they have reached that stage whence there are no backward steps towards convalescence. In the name of that charity which we claim as characteristic of our profession, we entreat our Northern brethren not to deprive these poor sufferers of the unpurchasable blessings of home, or the last blessing of dying among those who have loved them during life. Grant them what the old Romans considered the great blessing of the extreme hour, that of dying among their kin. “It is too sad,” as Dr. Pollock remarks, “to sit by such a patient and calculate his chances of life, whether they are sufficient to bear him home again, or whether it is necessary to allow him to breathe his last among strangers.”

How sad can hardly be appreciated by any but those who, like ourselves, often see such patients arrive with the certain conviction that they have come to us only to die.

“Before sending a patient South,” says Dr. Hartsen, “the physician should ask himself, not whether the change will afford him *some* chance of prolonging life, but whether it will afford him a *considerable* chance of so doing. To get worse in the South, perhaps to such an extent as to prevent his return to his home, is truly a fearful evil, which no one should be subjected to without good reason.” (Virchow’s Archiv.) And this all the more not only because the death of such a patient, under such circumstances, is sad in the extreme, but also because it throws over the whole community of fellow

invalids a mournful gloom, and affects their spirits most prejudicially.

And now our task is done; we have set forth what we deem, and what others deem to be the essentials of a curative climate, and we have shown how far our own climate possesses those essentials. In doing this we have endeavored to present an impartial, unprejudiced statement, and we are not conscious of having extenuated or embellished anything.

To those of our readers who have accompanied us to the end, we would say that we hope that we have not shown ourselves too pedantic in our effort to instruct, that we have not "talked more shop" than was absolutely necessary; and finally, we hope that they may realize what, in the words of our motto, is the greatest blessing upon earth, not to be well, as many suppose, but to get well. May they get well, and fare well.

METEOROLOGICAL OBSERVATIONS.

No. 1.

MEAN TEMPERATURE OF MONTHS AND YEARS.

	January.	February.	March.	April.	May.	June.	July.	August.	September.	October.	November.	December.	Annual.
1860.....	46.74	48.34	53.70	66.60	71.54	76.30	81.83	77.54	72.96	63.56	51.73	39.74	62.54
1861.....	45.29	49.60	52.80	61.83	69.41	78.66	77.03	74.54	71.66	62.61	53.63	47.67	62.06
1862.....	49.77	50.42	51.64	61.70	68.64	73.56	75.35	76.38	72.88	61.64	55.74†	47.67	61.11
1863.....	45.03	47.89	51.42	59.33	68.77	73.03	77.70	76.96	68.63	60.45	55.46.03	60.85	
1864.....	43.16	47.03	50.38	58.30	69.34*	72.33	77.67	77.72.23	59.29	55.74†	48.74	60.93	
1865.....	39.45	46.03	55.57	66.56	70.10	74.96	80.96	76.16	75.53	60.29	55.74†	50.48	62.65
1866.....	45.45	46.56	54.41	66.53	68.72.33	74.50	79.80	80.29	75.86	62.29	52.33	42.12	62.30
1867.....	40.90	54.50	51.83	61.36	68.96	73.56	78.77	75.84	73.80	61.64	56.03	50.74	62.32
	44.41	48.79	52.71	62.77	69.34	74.61	78.63	76.83	72.94	61.47	54.49	46.64	61.96

* Interpolation; mean of seven years.

† Interpolation; mean of five years.

No. 2.

HIGHEST TEMPERATURE AT 2 P. M.

	January.	February.	March.	April.	May.	June.	July.	August.	September.	October.	November.	December.	Year.
1860.....	71	74	80	91	92	96	102	97	91	82	75	68	102
1861.....	63	73	78	85	95	102	96	93	92	87	77	62	102
1862.....	76	73	80	83	90	92	94	98	89	84	75.40†	75	98
1863.....	70	71	74	87	89	90	92	95	88	80	75	66	95
1864.....	74	74	76	85	89.56*	93	95	92	90	83	75.40†	73	95
1865.....	61	69	75	81	87	92	100	92	91	81	75.40†	74	100
1866.....	68	70	77	90	88	92	95	95	89	82	75	66	95
1867.....	73	78	76	82	86	91	93	86	90	85	75	75	93
Max.....	76	78	80	91	95	102	102	98	92	87	77	75	102

* Interpolated; mean of seven years.

† Interpolated; mean of five years.

No. 3.

LOWEST TEMPERATURE AT 7 A. M. OR 9 P. M.

	January.	February.	March.	April.	May.	June.	July.	August.	September.	October.	November.	December.	Year.
1860.....	15	22	32	41	45	63	67	64	54	44	22	23	15
1861.....	29	32	23	45	50	63	65	63	47	42	32	22	22
1862.....	32	32	26	43	53	55	65	61	60	34	29.80†	22	22
1863.....	20	23	28	35	48	62	67	60	46	42	31	25	20
1864.....	12	18	26	43	49.28*	54	57	65	55	41	29.80†	17	12
1865.....	19	23	38	52	54	62	69	63	61	44	29.80†	28	19
1866.....	23	21	32	39	44	56	64	63	60	40	32	25	21
1867.....	21	22	30	39	51	61	71	65	64	42	32	28	21
Min.....	12	18	23	39	44	54	57	60	46	34	22	17	12

* Interpolated; mean of seven years.

† Interpolated; mean of five years.

No. 4.

AMOUNT OF RAIN IN INCHES.

	January.	February.	March.	April.	May.	June.	July.	August.	September.	October.	November.	December.	Year.	Maximum.	Minimum.	Range.
1860.....	.94	7.58	1.06	2.47	2.54	2.47	4.64	4.20	.86	1.21	2.79	3.11	33.87	7.58	.86	6.72
1861.....	6.39	4.24	2.89	4.62	3.29	1.31	.55	5.25	1.64	2.18	2.21	1.69	36.26	6.39	.55	5.74
1862.	6.21	8.76	3.84	5.25	2.65	6.43	4.53	4.62	2.10	2.76	3.99	4.25	55.39	8.76	2.10	6.66
1863.....	3.09	5.06	3.92	2.69	3.58	6.28	10.47	4.18	2.55	3.62	3.72	7.33	56.49	10.47	2.55	9.92
1864.....	1.50	1.43	6.67	2.81	3.99	10.32	1.66	5.66	3.21	5.79	4.01	4.33	51.38	10.32	1.43	8.89
1865.....	4.49	5.35	6.37	.68	3.05	3.68	7.34	3.70	1.32	1.89	9.67	7.17	54.71	9.67	.68	8.99
1866.....	1.71	2.24	2.11	7.37	6.04	5.20	5.03	2.50	2.05	1.26	1.62	2.34	39.47	7.37	1.26	6.11
1867.	2.36	2.84	6.33	3.82	3.99	11.48	1.23	10.70	4.26	4.26	2.61	2.46	56.34	11.48	1.23	10.25
Means.....	2.33	4.68	4.14	3.81	3.64	5.89	4.43	5.10	2.24	2.87	3.82	4.08	47.98	9.00	1.33	7.91
Maximum	6.39	8.76	6.67	7.37	6.04	11.48	10.47	10.70	4.26	4.26	9.67	7.33	56.49	11.48	10.25
Minimum.....	.94	1.43	1.06	.68	2.54	1.31	.55	2.50	.86	1.21	1.62	1.69	38.8755	5.47
Range.....	5.45	7.33	5.61	6.69	3.50	10.17	9.92	8.20	3.40	3.05	8.05	5.64	22.62	.10	.93	4.51

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The above Board superintends public improvements, collects funds to be devoted to that purpose, provides for the comfort of the visitors, and affords them useful information concerning Board and other matters. To accomplish these ends, the clerk will keep a *Register of all Vacant Rooms* in the town, and be at all times prepared to assist strangers in obtaining accommodations, as well as to reply to all communications on this subject addressed to the Board by persons at a distance. He will also call upon every stranger immediately after his arrival, enter his name and residence upon the *List of Arrivals*, and solicit from him a contribution to be devoted to the embellishment of the park, the repair of walks, the erection of benches, &c., &c. For the present the *Register of Vacant Rooms* and the *List of Arrivals* will be kept at the Drug Store of Messrs. Wood & Co., where they will be open throughout the day to the inspection of the public.

N. B.—Persons addressing communications to the Board will please enclose a stamp for the reply.

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E. J. C. WOOD,
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The undersigned would call the attention of Invalids, Capitalists, Farmers, Horticulturalists, Mechanics and others, who desire to secure a

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in a climate of unsurpassed salubrity, exempt from the rigors of a Northern winter, easy of access, and where many Northerners have already located, to the DESIRABLE PROPERTIES now offered for sale in the

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N. B.—Communications by mail promptly answered. Correspondents are requested to enclose stamps for replies.

Pamphlets descriptive of Aiken and vicinity for sale.

AIKEN HOTEL,

AIKEN, SOUTH CAROLINA,

Is situated in a pleasant location, and in the immediate vicinity of the Depot, rendering it a desirable Hotel for either permanent or transient guests. The climate is unsurpassed, and as a resort for invalids, is favorably known and spoken of, and highly recommended by the Medical Faculty generally. The accommodations are good, having suits of finely furnished apartments for families and single gentlemen. The Proprietor will endeavor to make the Hotel a First-class House, and no effort will be spared to deserve a continuance of the liberal patronage heretofore bestowed upon it.

Livery accommodations will be found adjoining the Hotel.

W. J. ANDERSON,

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IN THE REAR OF THE HOTEL.

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KEEPS CONSTANTLY ON HAND, FOR THE USE OF
VISITORS,

Carriages, Bretts, Buggies and Saddle Horses.

Drivers Careful and Polite.

JOHN STAUBES,

Livery Stables,

R. R. Avenue, above the Hotel.

CARRIAGES, BRETTS, BUGGIES & SADDLE HORSES

FURNISHED FOR THE USE OF VISITORS.

The proprietor hopes, by giving his personal attention to the business, to merit a continuance of the patronage heretofore so liberally bestowed upon him.

TO MY FRIENDS IN POUGHKEEPSIE

AND OTHER PLACES.

I have now finished my house in Aiken, at a cost of some \$10,000. I partly left Poughkeepsie to get a cheaper home than I could obtain in that lovely place. But this house grew up under my hands until it became like a little hotel. It contains sixteen rooms, 20 x 20 feet each, measured from the exterior lines, with an open fireplace, and closet 6 x 4 feet in every one of them, and four halls 40 x 10 feet.

The kitchen and washrooms are supplied on a novel and economical plan, with hot and cold water, which can be carried into any room in the house to extinguish a fire, or answer the demands of domestic purposes. An elevator, reaching from the basement hall to the garret, with a power to the weight as 10-1, can carry up wood for the fires, carry down slops and refuse water from the chambers, and any lady or gentleman, who chooses to pull the ropes.

The papers have been making a great noise about their "Earth-Closets," but each bed-room of this large, convenient and handsome building contains a water "Commode" on a new and simple principle, much superior to anything these closets can ever be made to be.

The building is surrounded by large umbrageous oak trees, which defend it from the rays of the hot sun, but freely admit the cool breezes under their spreading branches. This residence has a large and handsome portico on every side, some one of which is mostly pleasant and inviting every day of the year.

Mrs. Nichols, my second daughter, and her mother, have a large experience in keeping boarders, and to turn this big mansion to some account, they mean to open it as a Boarding House the next winter, for the accommodation of invalids, and those who wish to enjoy the warm and delightful winter of Aiken. Rooms for one occupant, on the first floor, will cost \$80 a month; on the second, \$70; on the third, \$60. For two in a room, \$70, \$60, \$50 each a month.

The food, if not sumptuous and of exciting variety, will be well prepared, of the best quality and abundant. Good pains will be taken to make this place a happy home for every one. But any boarder of bad habits or unpleasant manners will be quietly requested to look for other quarters.

AIKEN, S. C.

WILLIAM McGEORGE.

STEEDMAN HOUSE,

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This comfortable and commodious House, the most conveniently located of all Boarding Houses in the town, is now open for the accommodation of invalids desirous of wintering in Aiken, as well as for that of transient visitors. The table will be well supplied with good and choice food, and no effort will be spared by the proprietor to merit a continuance of the patronage heretofore so liberally bestowed upon him. Particular attention bestowed upon invalids.

A choice assortment of native wines always on hand. Terms moderate.

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In a pleasant, high and dry locality where every attention will be paid to the comfort of those who may favor him with their company. Accommodations good and terms moderate.

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THE AIKEN STEAM SAW MILL.

Keeps constantly on hand and manufactures to order

YELLOW PINE LUMBER

OF ANY SIZE AND DESCRIPTION,

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Orders will always receive prompt attention and satisfaction guaranteed.

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The Proprietor will keep

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For the special convenience of the guests.

· Every morning from 10 to 12 he will serve Bullion with Egg, to refresh the invalid after his bath.

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Keeps constantly on hand a full and fresh assortment of

BREADS, CAKES,
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And all other articles usually found in a first-class Confectionery Store.

IN SPRING AND SUMMER,

ICE CREAM AND SHERBET.

N. B. Wedding and Party Cakes furnished at short notice.

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WOOD & CO.,
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Keep constantly on hand a general assortment of Selected

DRUGS, CHEMICALS, PERFUMERY,
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Fancy Articles, Kerosene Oil Lamps and Fixtures, Fine
Writing Papers and Envelopes, Blank Books,
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TERMS CASH.

PRICES MODERATE.

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Constantly on hand, Fresh

Drugs & Medicines,
PERFUMERY, STATIONERY,
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BRANDIES AND WINES FOR MEDICAL PURPOSES,

And all articles usually found in a first-class Drug Store.

Physicians Prescriptions Accurately Prepared at all Hours.

ALSO, LANDRETH'S FRESH GARDEN SEEDS.

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Millinery & Fancy Goods
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A LARGE AND SELECT ASSORTMENT OF

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ALL KINDS OF WORK DONE ON GROVER & BAKER'S MACHINES.

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DEALERS IN

DRY AND FANCY GOODS,

Boots, Shoes, Trunks and Saddlery,

HARD AND CROCKERYWARE,

CHOICE FAMILY GROCERIES,

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NATIVE WINES AND BRANDIES.

TO OUR VISITORS.

HENRY HAHN,

Main Street, Aiken,

Begs leave to inform the VISITORS to Aiken that he has on hand the following articles, of superior quality, and can furnish them on reasonable terms:

Heidsick Champagne,

Jamaica Rum,

Old Hennessy Cognac Brandy,

Domestic Brandies.

And all the finer and more delicate Groceries.

N. B.—Cashes Drafts and Checks on Northern Banks and Bankers.

HAHN & STAUBES.

In order the better to provide for the wants of the invalids and others visiting Aiken, and contribute to their health and enjoyment, the undersigned have formed a partnership in the

Livery Stable

business, and will furnish them with new and comfortable CARRIAGES and BRETTS, nice BUGGIES and HORSES, gentle and easy-riding SADDLE HORSES, with good Harness, easy Side and Gentleman Saddles, and respectful and polite drivers, on reasonable terms.

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KEEP CONSTANTLY ON HAND

Fine Wines & Liquors,

SEGARS, TOBACCO,

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This well-known House has been NEWLY FURNISHED, and is now open to the public.

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THE BEST OF FARE,

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Keeps on hand a large assortment of

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HOUSE FURNISHING GOODS

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A general assortment of

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Announces to her friends, and persons seeking Board at Aiken, S. C., that she has opened this large ESTABLISHMENT, and is prepared to receive Boarders on very moderate terms.

This House, located as it is, in the midst of extensive Pine Groves, offers peculiar advantages to persons suffering from Pulmonary or Throat affections—the aroma of the Pine Tree being deemed itself a specific.

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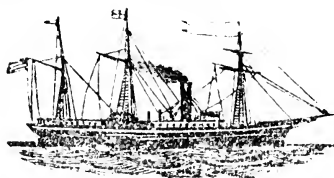
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Medicines, Chemical Re-Agents, Brushes,
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and an endless variety of articles adapted to the toilet or boudoir.

To sustain the favorable reputation that this establishment has enjoyed for nearly half a century, the Proprietor clings to its motto, "THE BEST GOODS AT FAIR PRICES."

His stock of MEDICINAL DRUGS, ARTICLES OF DIET and REMEDIES FOR INVALIDS have been selected in person, and are being replenished weekly.

All the popular preparations of IRON, COD-LIVER OIL, &c., recognized and sanctioned by the medical faculty, constantly on hand.

Invalids and others sojourning in Aiken, are requested to make themselves "at home." They will be courteously treated, and any information in our power to extend will be gladly furnished.

Parcels sent to Aiken without delay.

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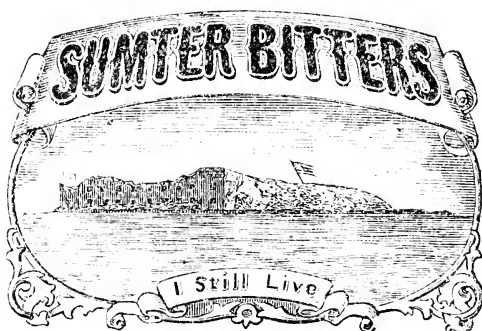
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See that our signature is over the Cork of each Bottle.

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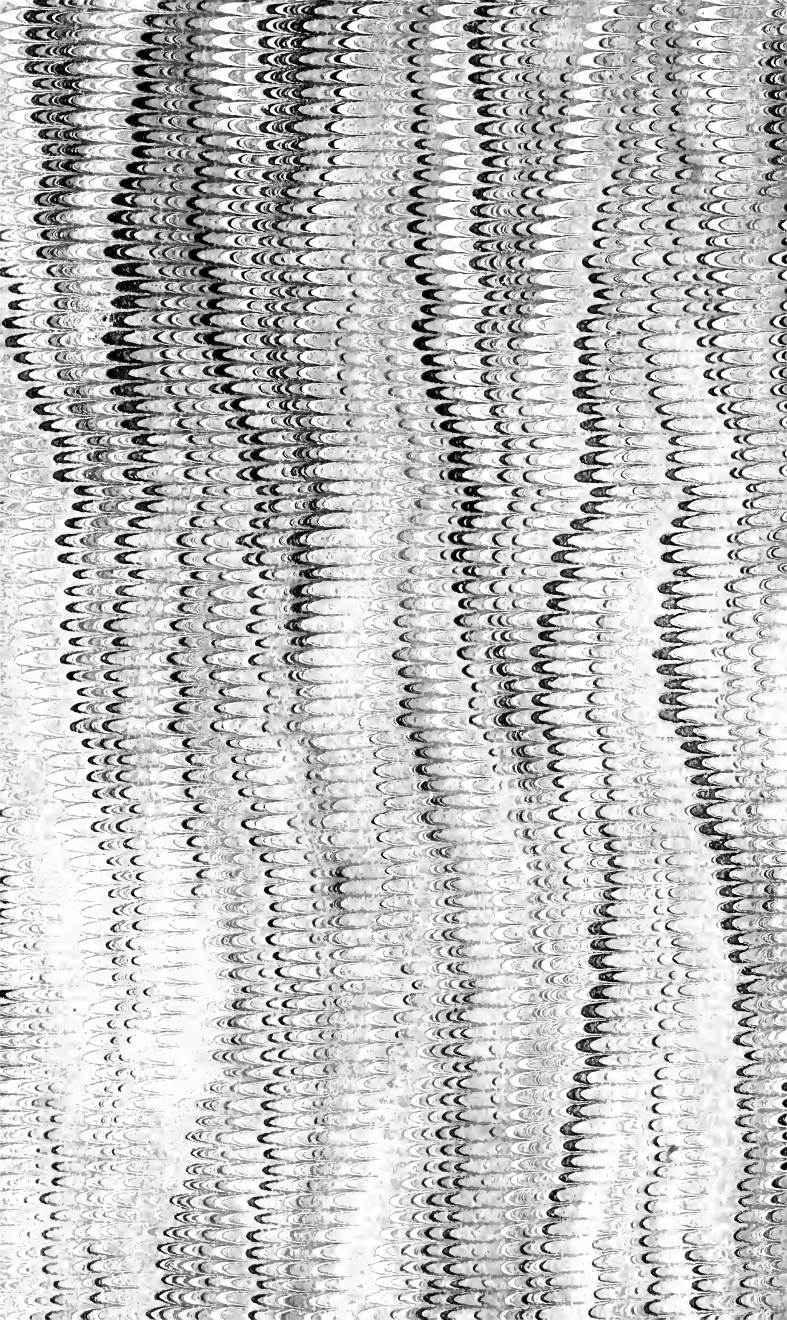
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